

Keeping Up with My Boys!

I am a new state employee and over the past three years I have maintained the loss of 57 pounds. I will admit that I have gained 5 back in the last three years, but the initial loss was 62! I started running on the treadmill, doing some sit up's and other "small" exercises at home. No fancy gyms because I couldn't afford it. I added roller blading (with the help of my kids) and eventually added running outside to my regimen. And then in the winter I cross country ski too!

I originally started to lose the weight to feel better about myself (my self-esteem was pretty low!). Then when I started to lose, I just kept going. There were no significant health reasons. Going through a nasty divorce aided in the weight loss due to the stress, but I have kept it off, so I don't think that was the entire reason for it. I feel so much better for having done it!



I LOVE how I feel and how I look!! I AM SMALLER NOW THAN I HAVE EVER BEEN IN MY ENTIRE LIFE!!! I know I feel better and am not nearly as winded as I used to get. I am loving life and being active enough to keep up with my boys!!!

Submitted by Peggy H., DHS

Coolish Mom!
Good job, Mom!